



Folic acid is good for me

Folic acid is good for us



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I take **folic acid** every day. Do you?

Why?

Because folic acid is so good for you! Some research suggests that folic acid, a B vitamin, may help protect you from heart disease, cervical and colon cancer, and possibly, breast cancer. If you take folic acid before and during early pregnancy, it may help reduce your baby's risk for birth defects of the brain and spine (called neural tube defects). Some studies suggest that folic acid may also help protect your baby from other birth defects of the heart, limbs and face. Who knew a vitamin could do so much?

When?

Now! Begin taking folic acid today, and take it every day. It is never too soon to begin protecting your own health. And, waiting until you find out you are pregnant could be too late for the health of your baby.

How much?

The March of Dimes recommends taking 400 micrograms of folic acid every day as part of a healthy diet. You can get enough by taking a multivitamin or a folic acid supplement, or by eating a fortified breakfast cereal that contains 100% of the recommended daily amount of folic acid (400 mcg). Take folic acid for yourself **now** and for your **future** baby **later**.

Find out more

visit www.marchofdimes.com

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